



**BURGER KING® USA Nutritionals: Core, Regional and  
Limited Time Offerings  
FEBRUARY 2020**

## Nutrition Facts

	Serving Size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
<b>WHOPPER® SANDWICHES</b>												
WHOPPER® Sandwich	270	660	360	40	12	1.5	90	980	49	2	11	28
WHOPPER® Sandwich with Cheese	292	740	420	46	16	2	115	1340	50	2	11	32
Bacon & Cheese WHOPPER® Sandwich	303	790	460	51	17	2	125	1560	50	2	11	35
DOUBLE WHOPPER® Sandwich	354	900	520	58	20	3	175	1050	49	2	11	48
DOUBLE WHOPPER® Sandwich with Cheese	377	980	580	64	24	3	195	1410	50	2	11	52
TRIPLE WHOPPER® Sandwich	438	1130	680	75	28	4	255	1120	49	2	11	67
TRIPLE WHOPPER® Sandwich with Cheese	461	1220	740	82	32	4.5	280	1470	50	2	11	71
WHOPPER JR.® Sandwich	134	310	160	18	5	0.5	40	390	27	1	7	13
<b>FLAME BROILED BURGERS</b>												
BACON KING™ Sandwich	356	1150	710	79	31	3.5	240	2150	49	2	10	61
Cheddar BACON KING™ Sandwich	366	1190	750	84	33	3.5	235	1930	50	2	11	64
Single Quarter Pound KING™ Sandwich	231	580	260	29	13	1.5	105	1310	49	2	10	32
Double Quarter Pound KING™ Sandwich	338	900	480	54	25	3	210	1740	50	2	11	56
Single STACKER KING™	223	700	380	42	16	2	125	1360	48	1	10	35
Double STACKER KING™	334	1050	610	68	28	3.5	235	1870	49	1	11	61
IMPOSSIBLE™ WHOPPER® Sandwich	285	630	310	34	11	0	10	1080	58	4	12	25
Hamburger	99	240	90	10	3.5	0.5	35	380	26	1	6	13
Cheeseburger	111	280	120	13	6	0.5	45	560	27	1	7	15
Double Hamburger	136	350	160	18	7	1	70	410	26	1	6	21
Double Cheeseburger	148	390	190	21	9	1.5	85	590	27	1	7	23
Extra Long Cheeseburger	226	630	330	37	14	1.5	100	1050	45	2	9	29
Bacon Cheeseburger	118	320	140	16	7	0.5	55	710	27	1	7	17
Bacon Double Cheeseburger	155	420	210	24	10	1.5	90	740	27	1	7	25
<b>CHICKEN &amp; MORE</b>												
Crispy Chicken Sandwich	228	670	370	41	7	0	60	1080	54	2	8	23
Spicy Crispy Chicken Sandwich	242	700	370	42	7	0	65	1140	57	3	8	25
Original Chicken Sandwich	219	660	360	40	7	0	75	1170	48	2	5	28
Bacon & Cheese Crispy Chicken Sandwich	262	800	460	52	13	1	95	1650	55	2	8	30
BBQ Bacon Crispy Chicken Sandwich	249	790	440	49	10	0.5	80	1630	60	2	13	28
Crispy Chicken Jr.	142	450	270	30	5	0	30	780	34	2	5	12
Spicy Crispy Chicken Jr.	142	390	190	21	3.5	0	30	740	37	2	6	12
Chicken Nuggets- 4pc	58	170	100	11	1.5	0	25	310	11	1	0	8
Chicken Nuggets- 6pc	88	260	150	16	2.5	0	35	470	16	1	0	12
Chicken Nuggets- 10pc	146	430	240	27	4.5	0	55	780	27	2	0	20
Chicken Nuggets- 20pc	292	860	490	54	9	0	115	1570	53	3	1	39
Spicy Chicken Nuggets- 4pc	66	210	130	15	3	0	20	570	11	2	0	8
Spicy Chicken Nuggets- 6pc	99	320	200	22	4.5	0	35	850	17	3	0	12
Spicy Chicken Nuggets- 10 pc	165	530	330	37	7	0	55	1420	28	4	1	20
Spicy Chicken Nuggets- 20 pc	330	1050	670	74	15	0	110	2840	56	9	1	40
Chicken Fries - 9 pc.	91	280	150	17	2.5	0	35	850	20	1	1	13
Crispy Taco	76	170	80	9	3	0	10	410	19	2	1	5
BIG FISH™ Sandwich	188	510	250	28	4.5	0	30	1180	51	2	7	16

<b>Nutrition Facts</b>	<b>Serving Size (g)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carb (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugar (g)</b>	<b>Protein (g)</b>
<b>SALADS &amp; SIDES</b>												
Garden Chicken Salad with Crispy Chicken - no dressing	287	440	220	25	7	0	75	930	31	3	4	25
Club Salad with Crispy Chicken - no dressing	308	540	300	33	10	0	95	1380	31	3	5	31
Garden Side Salad - w/o dressing	99	60	35	4	2.5	0	10	95	3	1	2	4
Ken's Ranch Dressing	43	260	250	28	4	0	10	240	2	0	2	1
Ken's Golden Italian Dressing	43	160	150	17	2.5	0	0	380	4	0	3	0
Ken's Lite Honey Balsamic Vinaigrette	43	120	70	8	1	0	0	220	14	0	11	0
Buttery Garlic Croutons- Packet	14	60	20	2.5	0	0	10	180	9	0	1	1
Onion Rings - value	43	150	70	8	1.5	0	0	400	19	1	2	1
Onion Rings - small	91	320	150	16	3	0	0	840	41	3	4	3
Onion Rings - medium	117	410	190	21	3.5	0	0	1080	53	4	5	4
Onion Rings - large	142	500	230	25	4.5	0	0	1310	64	5	7	5
French Fries - value (unsalted)	89	220	80	9	1.5	0	0	210	34	3	1	2
French Fries - small (unsalted)	128	320	120	13	2	0	0	300	49	5	1	4
French Fries - medium (unsalted)	153	380	140	16	2	0	0	360	58	6	1	4
French Fries - large (unsalted)	173	430	160	18	2.5	0	0	410	66	7	2	5
<b>KING JR™ MEALS</b>												
<b>Entrees</b>												
Kids Oatmeal	167	170	30	3	1.5	0	5	260	32	3	12	4
Chicken Nuggets- 4pc	58	170	100	11	1.5	0	25	310	11	1	0	8
Chicken Nuggets- 6pc	88	260	150	16	2.5	0	35	470	16	1	0	12
Hamburger	99	240	90	10	3.5	0.5	35	380	26	1	6	13
Cheeseburger	111	280	120	13	6	0.5	45	560	27	1	7	15
<b>Side Items</b>												
Mott's® Natural Applesauce	111	50	0	0	0	0	0	0	13	1	11	0
<b>Beverage</b>												
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8
Capri Sun® 100% Apple Juice (6 fl oz)		80	0	0	0	0	0	25	20	0	20	0
PB&J Jamwich	79	300	140	16	3	0	0	290	33	4	11	11
Soft Serve Cone	120	190	40	4.5	3	0	20	150	32	0	24	5
<b>DESSERTS</b>												
Dutch Apple Pie	107	340	130	14	6	0	0	310	51	1	25	3
HERSHEY®'S Sundae Pie	79	310	170	19	12	0	10	220	32	1	22	3
Pie made with TWIX®	102	370	180	20	13	0	10	330	45	1	30	4
OREO® Cookie Cheesecake	92	350	170	18	8	0	35	310	41	1	25	6
Soft Serve Cone	120	190	40	4.5	3	0	20	150	32	0	24	5
Soft Serve Cup	115	170	40	4.5	3	0	20	150	28	0	24	5
HERSHEY®'s Chocolate Sundae	149	260	45	5	3	0	20	160	49	1	43	5
Caramel Sundae	137	240	50	5	3.5	0	20	210	42	0	33	5
Chocolate Chip Cookies (each)	38	160	70	8	4	0	10	125	24	1	15	2

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	BREAKFAST											
CROISSAN'WICH® Egg & Cheese	125	340	170	18	8	0	160	610	29	1	4	12
CROISSAN'WICH® Sausage, Egg & Cheese	169	500	300	33	13	0	195	930	30	1	4	19
CROISSAN'WICH® Ham, Egg & Cheese	156	370	170	19	8	0	175	1030	30	1	5	17
CROISSAN'WICH® Bacon, Egg & Cheese	132	370	190	21	9	0	170	760	30	1	4	14
Fully Loaded CROISSAN'WICH®	218	610	360	40	17	0.5	225	1680	31	1	5	28
Double CROISSAN'WICH® with Sausage & Bacon	187	580	340	40	16	0.5	215	1260	31	1	5	23
Double CROISSAN'WICH® with Sausage	224	710	470	52	20	0.5	240	1420	31	1	5	29
Double CROISSAN'WICH® with Ham & Sausage	211	580	340	38	16	0.5	220	1530	31	1	5	27
Fully Loaded Biscuit	238	640	400	45	20	0	225	2190	31	1	4	28
Ham, Egg, & Cheese Biscuit	176	400	210	24	12	0	175	1550	29	1	3	17
Sausage, Egg, & Cheese Biscuit	189	530	340	38	17	0	195	1440	29	1	3	19
Bacon, Egg & Cheese Biscuit	152	400	230	26	13	0	170	1270	29	1	3	13
Sausage Biscuit	121	420	250	28	6	0	35	1050	28	1	2	12
Breakfast Burrito Jr.	143	370	210	23	8	0	150	930	27	3	2	15
EGG-NORMOUS BURRITO™	310	780	380	42	15	0	355	1960	68	3	4	32
BK™ Ultimate Breakfast Platter	390	930	390	44	11	0	390	2230	110	4	40	24
NY Ultimate Platter (Regional menu item)	400	900	420	46	12	0	380	1760	95	5	31	25
Pancake and Sausage platter	217	610	280	31	9	0	80	1010	72	1	30	12
Hash Browns - small	84	250	150	16	3.5	0	0	580	24	3	0	2
Hash Browns - medium	169	500	290	33	7	0	0	1140	48	7	0	4
Hash Browns - large	225	670	390	44	9	0	0	1530	65	9	0	5
French Toast Sticks (3 piece)	65	230	100	11	2	0	0	260	29	1	8	3
French Toast Sticks (5 piece)	109	380	160	18	3	0	0	430	49	2	13	5
<b>Additional Options (some options are only available regionally)</b>												
American Cheese (slice)	11	40	30	3.5	2	0	10	180	1	0	0	2
Ketchup (Packet)	10	10	0	0	0	0	0	125	3	0	2	0
Mayonnaise (Packet)	12	80	80	9	0.5	0	10	75	1	0	0	0
Strawberry or Grape Jam (packet)	12	30	0	0	0	0	0	0	7	0	6	0
Breakfast Syrup (1 oz)	41	120	0	0	0	0	0	15	30	0	18	0
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	0	310	11	0	10	0
Ranch Dipping Sauce (1 oz)	28	140	140	15	2.5	0	10	85	1	0	1	1
Buffalo Dipping Sauce (1 oz)	28	80	70	8	1.5	0	5	360	2	0	1	0
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	140	15	2.5	0	20	240	3	0	0	0
Honey Mustard Dipping Sauce (1oz)	28	90	60	6	1	0	10	180	8	0	7	0
<b>BEVERAGES</b>												
Fat FREE Milk (8 fl oz)		90	0	0	0	0	5	125	13	0	12	9
1% Low Fat Chocolate Milk (8 fl oz)		160	25	2.5	1.5	0	15	150	26	0	25	8
Smoothie: Strawberry Banana 16 fl oz		310	10	1	0	0	0	55	71	3	50	4
Oreo® Shake		720	180	20	12	0.5	65	540	118	1	98	16
Chocolate Oreo® Shake		740	190	22	13	0.5	70	680	121	1	101	17
Vanilla Milk Shake		580	140	15	10	0	60	420	98	0	85	14
HERSHEY®'S Chocolate Milk Shake		610	140	16	10	0	60	500	103	1	88	14
Strawberry Milk Shake		640	140	15	10	0.0	60	440	113	0	99	14

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<b>SOFT DRINKS BY CUP SIZE (*no ice)</b>												
<b>Coca Cola classic®‡</b>												
	16 fl oz	210	0	0	0	0	0	50	58	0	58	0
	20 fl oz	270	0	0	0	0	0	60	73	0	73	0
	29 fl oz	390	0	0	0	0	0	85	105	0	105	0
	38 fl oz	510	0	0	0	0	0	115	138	0	138	0
<b>Diet Coke®‡</b>												
	16 fl oz	0	0	0	0	0	0	70	0	0	0	0
	20 fl oz	0	0	0	0	0	0	85	<1	0	0	0
	29 fl oz	0	0	0	0	0	0	120	<1	0	0	0
	38 fl oz	0	0	0	0	0	0	160	<1	0	0	0
<b>Sprite®‡</b>												
	16 fl oz	210	0	0	0	0	0	95	56	0	56	0
	20 fl oz	260	0	0	0	0	0	120	70	0	70	0
	29 fl oz	380	0	0	0	0	0	170	102	0	102	0
	38 fl oz	500	0	0	0	0	0	230	133	0	133	0
<b>Dr. Pepper®‡</b>												
	16 fl oz	190	0	0	0	0	0	60	52	0	51	0
	20 fl oz	240	0	0	0	0	0	75	65	0	64	0
	29 fl oz	350	0	0	0	0	0	105	94	0	93	0
	38 fl oz	450	0	0	0	0	0	140	124	0	121	0
<b>Barq's® Root Beer‡</b>												
	16 fl oz	240	0	0	0	0	0	100	65	0	65	0
	20 fl oz	300	0	0	0	0	0	120	81	0	81	0
	29 fl oz	430	0	0	0	0	0	180	118	0	118	0
	38 fl oz	570	0	0	0	0	0	230	155	0	155	0
<b>Cherry Coke®‡</b>												
	16 fl oz	220	0	0	0	0	0	55	61	0	61	0
	20 fl oz	280	0	0	0	0	0	70	76	0	76	0
	29 fl oz	410	0	0	0	0	0	100	110	0	110	0
	38 fl oz	530	0	0	0	0	0	130	145	0	145	0
<b>Fanta® Orange‡</b>												
	16 fl oz	230	0	0	0	0	0	60	62	0	61	0
	20 fl oz	280	0	0	0	0	0	70	78	0	77	0
	29 fl oz	410	0	0	0	0	0	105	113	0	111	0
	38 fl oz	540	0	0	0	0	0	135	148	0	146	0
<b>Hi-C® Fruit Punch‡</b>												
	16 fl oz	220	0	0	0	0	0	75	62	0	60	0
	20 fl oz	280	0	0	0	0	0	95	77	0	75	0
	29 fl oz	410	0	0	0	0	0	135	111	0	109	0
	38 fl oz	530	0	0	0	0	0	180	146	0	143	0

<b>Nutrition Facts†</b>		<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carb (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugar (g)</b>	<b>Protein (g)</b>
<b>MINUTE MAID® Light Lemonade</b>												
	16 fl oz	10	0	0	0	0	0	60	3	0	0	0
	20 fl oz	10	0	0	0	0	0	70	4	0	0	0
	29 fl oz	15	0	0	0	0	0	105	5	0	0	0
	38 fl oz	20	0	0	0	0	0	135	7	0	0	0
<b>Sweet Tea</b>												
	20 fl oz	120	0	0	0	0	0	0	35	0	35	0
	29 fl oz	160	0	0	0	0	0	0	49	0	49	0
	40 fl oz	240	0	0	0	0	0	0	71	0	71	0
<b>Unsweetened Tea</b>												
	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
	29 fl oz	0	0	0	0	0	0	0	0	0	0	0
	40 fl oz	0	0	0	0	0	0	0	0	0	0	0
<b>Capri Sun® 100% Apple Juice</b>	1 pouch	80	0	0	0	0	0	25	20	0	20	0
<b>Minute Maid® Orange Juice</b>	10 fl oz	140	0	0	0	0	0	20	33	0	30	2
<b>Frozen Coke® - 16 oz</b>		130	0	0	0	0	0	50	35	0	35	0
<b>BK® Café</b>												
<b>Hot Coffees</b>												
<b>BK® Café Coffee- 12 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>BK® Café Coffee- 16 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>BK® Café Coffee- 20 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>BK® Café Decaf Coffee- 12 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>BK® Café Decaf Coffee- 16 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>BK® Café Decaf Coffee- 20 fl oz</b>		0	0	0	0	0	0	0	0	0	0	0
<b>Iced Coffees</b>												
<b>BK® Café Iced Vanilla Coffee- 12 fl oz</b>		150	70	8	4	0	25	30	21	0	21	1
<b>BK® Café Iced Vanilla Coffee- 16 fl oz</b>		200	90	10	5	0	30	40	27	0	27	2
<b>BK® Café Iced Vanilla Coffee- 20 fl oz</b>		260	110	13	7	0	40	50	34	0	34	2
<b>BK® Café Iced Mocha Coffee- 12 fl oz</b>		180	70	8	4	0	25	40	27	1	25	2
<b>BK® Café Iced Mocha Coffee- 16 fl oz</b>		240	90	10	6	0	30	55	35	1	32	2
<b>BK® Café Iced Mocha Coffee- 20 fl oz</b>		300	120	13	7	0	40	70	45	2	41	3
<b>Frappes</b>												
<b>BK® Café Mocha Frappe- 12 fl oz</b>		300	80	8	5	0	30	200	50	1	41	7
<b>BK® Café Mocha Frappe- 16 fl oz</b>		400	90	10	7	0	40	270	68	1	58	9
<b>BK® Café Mocha Frappe- 20 fl oz</b>		510	110	13	8	0	50	350	87	1	71	12
<b>BK® Café Caramel Frappe- 12 fl oz</b>		300	80	8	5	0	35	210	50	0	41	7
<b>BK® Café Caramel Frappe- 16 fl oz</b>		400	90	10	7	0	40	280	68	0	56	9
<b>BK® Café Caramel Frappe- 20 fl oz</b>		500	110	12	8	0	50	350	86	0	71	11

▲ Please note:

This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Research Genesis R&D software to calculate this nutritional data. Variations may occur depending on the supplier and on product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products.

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\*Artificial maple flavor in Vermont only.

\*\*Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. The patty is cooked in the microwave.

"‡": These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.